

Brussels Sprouts with Mushroom Sauce

Makes: 2 servings

This side dish is delicious when made with brussels sprouts, and you could also make it with broccoli, cabbage, kale, collards, or turnips. Cooking time may vary for different types of vegetables.

Ingredients

2 cups brussels sprouts (or broccoli, cabbage, kale, collards, or turnips)

1/2 cup chicken broth, low-sodium

1 teaspoon lemon juice

1 teaspoon brown mustard (spicy)

1/2 teaspoon thyme (dried)

1/2 cup mushroom (sliced)


Directions

1. Trim brussels sprouts and cut in half. Steam until tender - about 6 to 10 minutes, or microwave on high for 3 to 4 minutes.
2. In a non-stick pot bring the broth to a boil.
3. Mix in the lemon juice, mustard, and thyme. Add the mushrooms.

Nutrition Information

| Nutrients | Amount |
|-----------------------------|--------------|
| Calories | 45 |
| Total Fat | 1 g |
| Saturated Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 64 mg |
| Total Carbohydrate | 8 g |
| Dietary Fiber | 3 g |
| Total Sugars | 2 g |
| Added Sugars included | 0 g |
| Protein | 4 g |
| Vitamin D | 0 IU |
| Calcium | 37 mg |
| Iron | 1 mg |
| Potassium | 372 mg |
| N/A - data is not available | |

MyPlate Food Groups

| | |
|--|-------|
|  Vegetables | 1 cup |
|--|-------|

4. Boil until the broth is reduced by half, about 5 to 8 minutes.
5. Add the brussels sprouts (or other cooked vegetable).
6. Toss well to coat with the sauce.

Notes

Learn more about:

- [Mushrooms](#)
- [Brussels Sprouts](#)

Source: University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP) Newsletters